

\*Substitute Specification\*

ABSTRACT OF THE DISCLOSURE

The swimming and diving flippers for distribution of force includes a boot for housing the foot of a user and extending forwards with a fin to give a mobile propulsion unit, being embodied such as to allow a movement of the upper part of the foot or the instep with relation to the leg, when positioned on the foot of the user, such that the instep can form an angle of variable magnitude with relation to the latter on carrying out the action of finning. The invention further includes a leg fixing device, to be fitted around the lower part of the leg and below the calf of the user and connected to the mobile propulsion unit, by lateral force transmission arms and joints.